

MARCH 2012

MONTHLY SCHEDULE & NEWS

FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Public Administration

Parks & Recreation Division

12 East 4th Street • Duluth, MN 55805 • 218.730.4310



EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS	11:30	Senior Dining Meal
MONDAY	12:00	Hand & Foot (Card Game)
	1:00	Cribbage
TUESDAY	12:15	500
WEDNESDAY	12:15	Bridge & Crafts
THURSDAY	12:30	Bingo
FRIDAY	12:15	500
	1:00	Cribbage

6
Tuesday

March 6

1-5 PM AARP Defensive Driving Refresher Course
(Call 730.4319 to register - **NO WALK INS**)

Friday

March 9

10:30 AM Senior Meeting

Saturday

March 17

10 AM - 4 PM Potluck & Cards

Monday

March 19

11 AM - 2 PM Post Polio Meeting

Wednesday

March 21

3 - 5 PM US Steel Retirees Meeting

Wednesday

March 28

11:30 AM
"March Madness"
Roast Beef Special Meal

**MORGAN PARK,
& PORTMAN
CENTERS
listed on Page 2.**

SENIOR ACTIVITY SCHEDULE

"At A Glance"

Weekly, unless otherwise indicated.

BINGO

Monday

12:30 - Portman

Wednesday

12:30 - Morgan Park

1:00 - Rainbow

Thursday

12:30 - Evergreen

12:30 - Lincoln Park

Friday

1:00 - Rainbow

BLOOD PRESSURE

Wednesday, March 14

10:30 - Lincoln Park

Wednesday,

March 28

11:15 - Rainbow

TAX AIDE

Mon-Tues-Wed

9 AM - 12:30 PM

Lincoln Park

Call 722.4107

for appt

Tues-Wed-Thur

9 AM - 12 PM

Rainbow

Call 727.8147

for appt

Why

should you never

iron a 4-leaf clover?

You don't want to
press your luck!!



MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS	10:00	Open Recreation
	11:30	Senior Dining Meal
MONDAY	10:00	Bone Builders
TUESDAY	10:30	Quilting
	12:30	Cribbage
WEDNESDAY	9:30	TOPS
	10:00	Bone Builders
	12:30	Bingo
FRIDAY	10:00	Bone Builders
	12:15	Bridge

Wednesday **March 7**
11 AM - Senior Meeting

Wednesday **March 28**
12:30 PM - Spring Bingo & Refreshments

WEDNESDAY, MARCH 28 @ 11:30 AM
"March Madness" Roast Beef Special Meal
at all Senior Dining Sites



March 17th is popularly believed to be the day St. Patrick departed for his heavenly abode. St. Patrick is regarded as the patron saint of Ireland.

**"May you live to be a hundred years,
with one extra year to repent."**
Irish Blessing

Call 218.727.4321
for more info on the
SENIOR DINING PROGRAM
sponsored by AEOA
at these sites:

PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS	11:30	Sr Dining Meal
MONDAY	12:30	Bingo
	8:30	UCare Exercise
TUESDAY	9:00	Exercise
	12:00	Bridge
WEDNESDAY	8:30	UCare Exercise
THURSDAY	9:00	Exercise
	10:00	Cribbage - New!

Friday **March 2**
1-5 PM AARP Defensive
Driving Refresher Class
(Call 730.4319 to register)

Monday **March 5**
12:00 PM Senior Meeting with
Bingo to follow

Monday **March 12**
12:30 - Special Bingo Party
with Prizes & Refreshments!

Friday **March 16**
12:30 PM Extra Bingo

Monday **March 19**
12:30 - Birthday Bingo

Monday **March 26**
12:30 - Wii Bowling Demo &
Tournament Party

Friday **March 30**
12:30 PM Extra Bingo



DULUTH HEIGHTS HOLY CROSS CHURCH
410 North Arlington Avenue • 722.6022

EVERGREEN SENIOR CENTER
5830 Grand Avenue • 723.3663

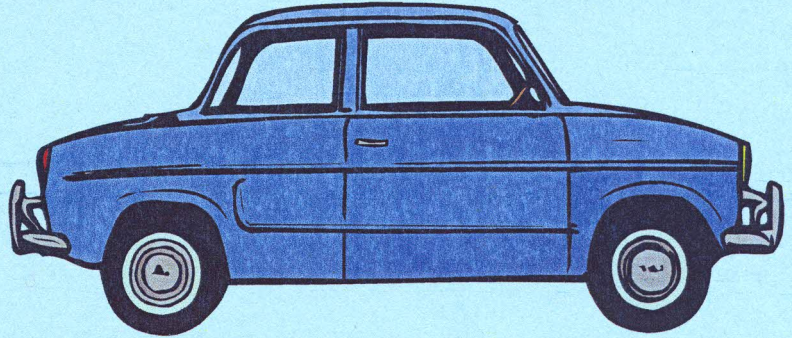
LINCOLN PARK COMMUNITY CENTER
2014 West Third Street • 722.4107

MORGAN PARK COMMUNITY REC CENTER
1242 88th Avenue West • 626.4522

PORTMAN COMMUNITY REC CENTER
4601 McCulloch Street • 525.0838

RAINBOW COMMUNITY CENTER
211 N 3rd Ave E • 727.8147

AARP DEFENSIVE DRIVING Classes for 2012



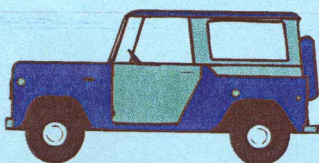
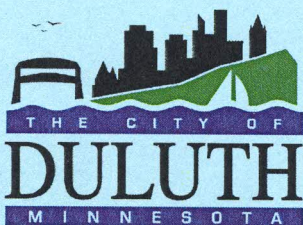
**PRE-REGISTRATION
IS REQUIRED!!**

Call 218.730.4319

**OPEN TO ALL
LICENSED DRIVERS
AGE 55 & ABOVE**

*Certificate of completion
may entitle you to
reduced car insurance rates!
(Check with your individual
insurance company.)*

Brought to you by:
AARP
and the City of Duluth Parks
and Recreation Division.



EVERGREEN SENIOR CENTER

5830 Grand Avenue

Refresher 4-Hour Class

Tuesday, April 3 • 1-5 PM

Tuesday, May 15 • 1-5 PM

Tuesday, June 19 • 1-5 PM

First Time 8-Hour Class

Must attend both days

Monday & Tuesday, April 30 & May 1 • 5-9 PM

Monday & Tuesday, June 4-5 • 1-5 PM

PORTMAN SENIOR CENTER

4601 McCulloch Street

Refresher 4-Hour Class

Friday, April 13 • 1-5 PM

Friday, May 4 • 1-5 PM

Friday, June 1 • 1-5 PM

First Time 8-Hour Class

Must attend both days

Monday & Tuesday, April 30 & May 1 • 5-9 PM

Wednesday & Thursday, June 4-5 • 1-5 PM

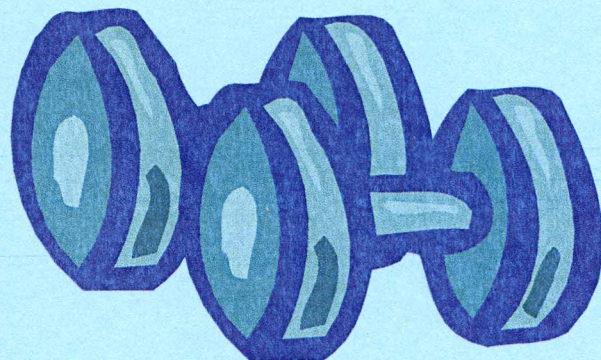
The City of Duluth Parks and Recreation Division proudly presents.....

UCare Minnesota's **ENHANCE FITNESS** Classes

DULUTH HEIGHTS COMMUNITY RECREATION CENTER

33 W. Mulberry Street

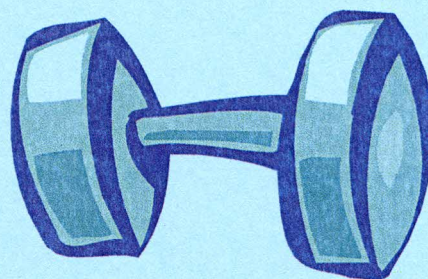
Classes: Monday, Wednesday, Friday
1-2 PM and 2:15-3:15 PM



PORTMAN COMMUNITY RECREATION CENTER

4601 McCulloch Street

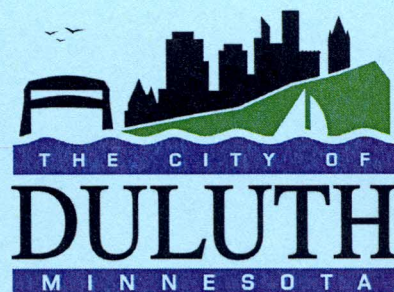
Classes: Monday & Wednesday
8:30-9:30 AM



EnhanceFitness is lively, interactive, and fun! Designed for older adults, these popular group exercise classes feature **cardiovascular conditioning, strength training, and balance exercises** that help improve **flexibility, bone density, and stability**. EnhanceFitness classes develop **endurance, coordination, and promote mental sharpness and social connections**. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being.

Please call 218.730.4313 for more information or to register.
TTY machine users call 711.

Brought to you by:
UCAN! UCare Activity Network, a fitness program for members of UCare for Seniors and the City of Duluth Parks and Recreation Division.



The **CITY OF DULUTH** and the **PORTMAN SENIORS** invite you to their.....

ST. PATRICK'S DAY

BINGO PARTY

Monday, March 12, 2012 • 12:30 PM

Portman Community Rec Center

4601 McCulloch Street



● **“SHAMROCK BINGO” FOR PRIZES!**

● **REFRESHMENTS FIT FOR A “SAINT”!**

- Irish Creme Coffee

- St. Patty Dessert (Peppermint Bon Bon Ice Cream,
Hot Fudge, Whipped Cream, Cherry + Crushed Oreos)

BINGO AND YUMMY REFRESHMENTS SPONSORED BY CHRIS JENSEN HEALTH & REHABILITATION CENTER



Come early for the AEOA Senior Dining Meal
CALL 525.0838 to RESERVE YOUR MEAL BY NOON of MARCH 8